



# Preventive Cardiology

## Winter 2008

### Education Series



	TIME	TOPIC	SPEAKER
Wednesday January 9	11:00	<b>Exercise Getting Started and Sticking with it</b>	Melissa Walker, M.S. Exercise Specialist
Wednesday January 16	11:00	<b>Stress Management</b>	Meredith Peterson, M.S. Health Educator
Wednesday January 23	11:00	<b>Air Quality and Your Health</b>	Meredith Peterson, M.S. Health Educator
Wednesday January 30	11:00	<b>Cooking for 1or 2</b>	Meredith Peterson, M.S. Health Educator
Wednesday February 6	11:00	<b>Women and Heart Disease</b>	Thea Brannon, B.S. RN Meredith Peterson, M.S.
Wednesday February 13	12:00	<b>Circuit Training</b>	Exercise Team (meet in cardiac rehab gym)
Wednesday February 20	11:00	<b>Why am I Taking This?</b>	Carrie Taylor, B.S. RN Cardiology Nurse
Wednesday February 27	11:00	<b>Balance Ball</b>	Melissa Walker, M.S. Melissa Jackson, B.S. Exercise Specialists
Wednesday March 5	11:00	<b>Super Foods</b>	Meredith Peterson, M.S. Health Educator
Wednesday March 12	11:00	<b>Inflammation</b>	Rachel Matthews, BS,RN Meredith Peterson, M.S.

**Note:** Classes will be held in the Tyler conference room on the 4<sup>th</sup> floor 4A440.

Some weeks may change (**look for signs and posted arrows**). For more information, contact Meredith Peterson 581-3949 [meredith.peterson@hsc.utah.edu](mailto:meredith.peterson@hsc.utah.edu)

Classes are **FREE** and everyone is encouraged to attend.

# Education Series Topic Descriptions

## **Getting Started and Sticking with it**

What's stopping you from exercising? Join an exercise physiologist to help you develop an exercise program, stay motivated and enjoy working out.

## **Stress Management**

Please join us for an informative seminar covering the effects of stress. It is an excellent opportunity to learn some stress management methods and practice relaxation techniques

## **Air Quality and Your Health**

How does inversion and smog affect health? Join us to learn the impact of red air days and how to improve air quality.

## **Circuit Training**

Circuit training is a great way to combine cardio and strength training. Join us for a chance to try a variety of exercises. We will be meeting in the cardiac rehab gym. This will be an exercise class so dress comfortably.

## **Women and Heart Disease**

To learn how women can protect themselves from the leading cause of death, join preventive cardiology to discuss ways to reduce your risk and the unique symptoms experienced by women.

## **Cooking for 1 or 2**

Are you tired of eating out or having cereal for dinner? Do you feel like it is too much trouble to cook for yourself? If so, please join us for a class with tips and recipes for cooking solo or for a small group.

## **Why am I Taking This?**

This is an excellent opportunity to learn more about heart medication. We will be answering many of your questions and discussing medication management.

## **Balance Ball**

Balance balls are large inflatable balls used to strengthen muscles, improve posture and help prevent back pain. They are a versatile, inexpensive piece of home fitness equipment. Exercise Specialists will demonstrate movements to strengthen muscle groups throughout the body as well as improve flexibility and balance.

## **Super Foods**

Eat to your health! Please join us to learn ways to maximize your nutrition. We will discuss the health promoting benefits of several foods that pack the biggest nutritional punch

## **Inflammation**

Attend the class to discuss how inflammation affects the heart, what are inflammatory markers and how can we reduce inflammation.